



Springdale Senior Activity & Wellness Center • January 2019 • Newsletter

Address:

203 Park Street
Springdale, AR 72764

Phone: (479) 751-1521

Director:

Lori Proud

Program Assistant:

Rhonda Wolfe

Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,
FELLOWSHIP
and FUN!!!**

Lines from Lori...Oh, the weather outside may be frightful but Springdale Senior Center is always delightful...What did you do before you started coming to the Center? Do you have friends who need something to pass the time? How about delivering them a copy of the newsletter? It is sad that there are Seniors sitting at home and missing out when we have so much fun here. There's always something to do, and, first time visitors ALWAYS receive a complimentary lunch! Please do what you can to help us reach these Seniors!!!

For the new year we wish you joy, happiness, peace, and a good BINGO card!

Calling all ART lovers we have some new classes coming up for you! Check with Lori for full details!!!

Silver Sneaker Exercise Classes

Are you ready to try Silver Sneakers Exercise Classes???

Monday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Tuesday

Boom Move 8:45 a.m. / Silver Sneakers 9:45 a.m./ Yoga 10:45 a.m. /

Tai Chi 12:30 p.m.

Wednesday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

Thursday

9:15 a.m. Weight Machines / Circuit 9:45 a.m. / Silver Sneakers 10:45 a.m. / Yoga 11:30 a.m.

Not Sure what works for you?...Come 5 minutes before a class and talk one on one with Cindy and she will hook you up!

TOPS

(Taking of pounds sensibly)
invite you join them
every Friday 9:00am
in the JPA Annex.

Come join a FUN group
who is all about encouraging
each other!

Winter Fest Fiddlers

Saturday January 26

9:00am Breakfast

Music & Snacks all day

5:00pm Potluck

Come fellowship and listen to
some great music!

Come anytime that day!!!



Springdale Senior Center

**Wednesday's
Crochet for everyone...
Bring a project you are
working on or come
learn and we will have
supplies for you.
1:00pm**

**Line dance
lessons each
Wednesday
9:00-10:00
JPA Annex**

3

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Springdale Senior Activity, Springdale, AR

A 4C 01-2005

Springdale Senior Center

Senior food give away

Friday, Jan. 11

8:00am-10:00am

Must bring ID

This is for any

Senior 60 and over.

Wanting to learn

Party Bridge or already know
how to play.....

Join us each Wednesday
at 12:30

If you partake in the
produce giveaway
think of a way to
support your
center...Eat lunch,
attend exercise, drop
a few \$\$\$ in jug on
the desk.

2nd, 3rd, 4th

Fridays Music with
Buckin' Ace 11:00am
Come join FUN!!!

Got an idea for any
kind of trip?
Tell Lori about it!

Karaoke &
Game Night

Tues. Jan.1

6:00pm

Come listen or sing

Casino Bound

January 28 leave at

8:30am Sharp!

Springdale Senior Center

**Bible Study
with
Charlie Foster**
Jan. 9 & 23
All are welcome.



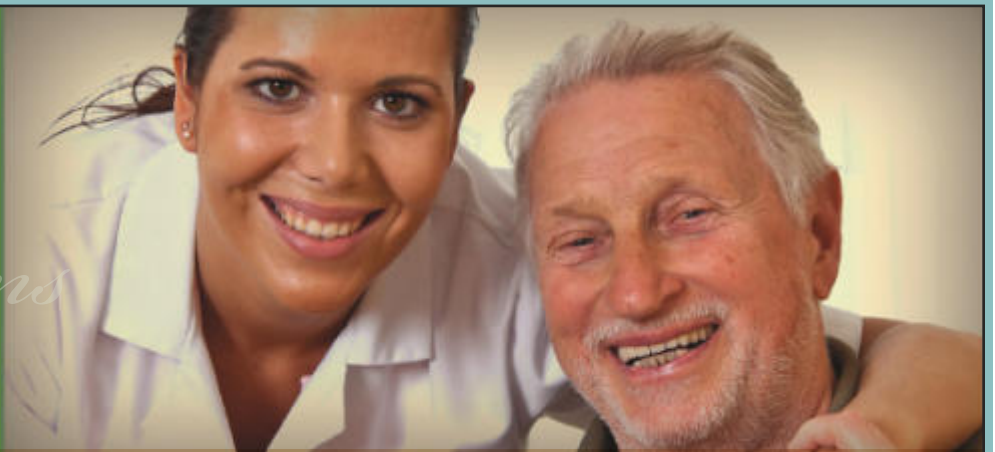
**Free Clothes
Mending with
Miss Jackie**
Simple repairs,
buttons, seams, hems etc.
Every Monday 10:00-12:00
Clothes must clean. Place
in bag with repair and
your name on it and bring
to the office.

5



Locations

locations



- ▶ HOME HEALTH
- ▶ HOSPICE
- ▶ FACILITY-BASED SERVICES
- ▶ COMMUNITY-BASED SERVICES



**Hospice of
North Arkansas**

For more information, call us: 877.461.4792

3277 West Sunset Suite D • Springdale, AR 72762 • [View our office location.](#)
Toll Free: 877.461.4792 • Phone: 479.751.3019 • Fax: 479.750.2710



Springdale Senior Center

Want to get active, be more flexible
and improve your balance?

Try out any exercise class in the
month of January for free and see
what works for you!!! Not sure what
class to try come 10 minutes before
any class and talk with Cindy.
See full Class schedule on page 2



Exercise Class Descriptions...

Weight Machines: Enjoy fun conversation and resistance machines.

Silver Sneakers: Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

Circuit: Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

Boom Move: Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

Yoga: Slow-paced stretching and flexibility focusing on balance , agility and core strength.

Tai Chi for Arthritis: Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.



Senior Center Taxi

Our Senior Center Vans run from

Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm

Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas, assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

7

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HOME SECURITY TEAM

January Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED 6:00pm Karaoke	2 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	3 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	4 8:00 a.m. TOPS (JPA) 9:30 BIRTHDAY BASH 12:30 p.m. Baseball
7 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	8 9:30 Bunko 12:30 Baseball 6:00 p.m. Old Time Fiddlers (JPA)	9 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	10 8:30 a.m. Pool Tournament 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	11 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:30 p.m. Baseball
14 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	15 9:30 Bunko 12:30 p.m. Baseball	16 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 11:00 Bible Study 12:30 CARD GAME	17 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	18 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:30 p.m. Baseball
21 CLOSED	22 9:30 Bunko 12:30 p.m. Baseball	23 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	24 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	25 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:30 p.m. Baseball
28 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	29 9:30 Bunko 12:30 p.m. Baseball	23 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	24 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	



January Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 Tacos Spanish Rice Seasoned Pintos Bread, Dessert	3 BREAKFAST FOR LUNCH	4 Crumb-topped Fish Scalloped Taters Broccoli Bread, Dessert
7 Beef Tips Rice Squash Medley Bread, Dessert	8 Chicken Sandwich Sweet Tater Fries Mixed Veggies Dessert	9 CHEF SALAD	10 Pork Roast Parslied Taters Creamed Corn Bread, Dessert	11 Lasagna Green Salad Spiced Peaches Bread, Dessert
14 Chicken Fajitas Spanish Rice Seasoned Pintos Bread, Dessert	15 Baked Taters Chili Broccoli Bread, Dessert	16 Ham Loaf Pilaf Creamed Spinach Bread, Dessert	17 Baked Chicken New Taters Peas & Carrots Bread, Dessert	18 Hot Roast Beef San. Smashed Taters California Veggies Dessert
21 CLOSED	22 Chicken Spaghetti Italian Veggies Spiced Applesauce Bread, Dessert	23 Pork Chops Corn Bread Dressing Peas Bread, Dessert	24 Beef Stew Veggies Medley Fruit & Cottage Cheese Bread, Dessert	25 Stuffed Peppers Pilaf Mixed Veggies Bread, Dessert
28 Chicken Tenders Fries Corn Bread, Dessert	29 Turkey Divan New Taters Carrots Bread, Dessert	30 Grilled Bologna Mac & Cheese Green Beans Bread, Dessert	31 Ham & Beans Batter Bites Stewed Tomatoes Bread, Dessert	

Springdale Senior Center

Lunch & Movie with
Lori & Rhonda
Wed. Jan.9 leave at 10:45
Sign up at office.

Join us for BUNKO fun!
Every Tuesday &
2nd, 3rd & 4th Friday
9:45am
It's the dice game
ANYONE can play!

Painting in a day...
with Marie.

Friday
Jan.18 10:00 a.m.

All supplies provided.
Space is limited.



Birthday Bash

Friday Jan. 4

9:30 a.m. Music by

Sunset Trio

11:00 Birthday Cake
and Bingo

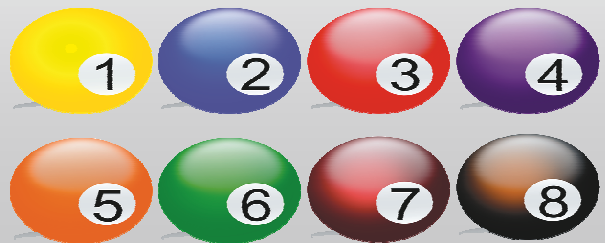
(must eat lunch to play)



Pool Tournament

8:00 a.m. Thurs.

Jan. 10



Thursday Night Jammin Jam

First and third Thursday Bring Finger Food other Thursdays
Hotdogs 5:30pm Bingo 6:00pm Jammin Jam come sing
or play an instrument.

Springdale Senior Center

Family Night Bingo

6:00pm January 23

\$10.00



Doors open at 5:00 Hot dogs & Nachos

Purchase Ticket at office!

All are welcome 18 and over!

11

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Hope Cancer Resources

A photograph of a family of four (two adults and two children) walking away from the camera on a sandy beach towards the ocean.

Walnut Grove Nursing and Rehab

(479) 751-2390

1393 E Don Tyson Pkwy
Springdale, AR 72764

Thrive
Locally

A photograph of a town square with a large building and a fountain, tinted in red.

our
SENIOR CENTER

The Online Directory of Senior Centers

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newsletter emailed to you at
www.ourseniorcenter.com

A photograph of three senior citizens (two men and one woman) smiling and looking at each other.

► Reach the Senior Market

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CONTACT

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A photograph of a park with a wooden bench, trees, and a path.

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A photograph of a hand holding a small, white, oval-shaped medical alert device.

Springdale Senior Center

Chuckle Corner

Springdale Senior Center Council

Jean Griesing
Gene George

Linda Williams
Bill Drake

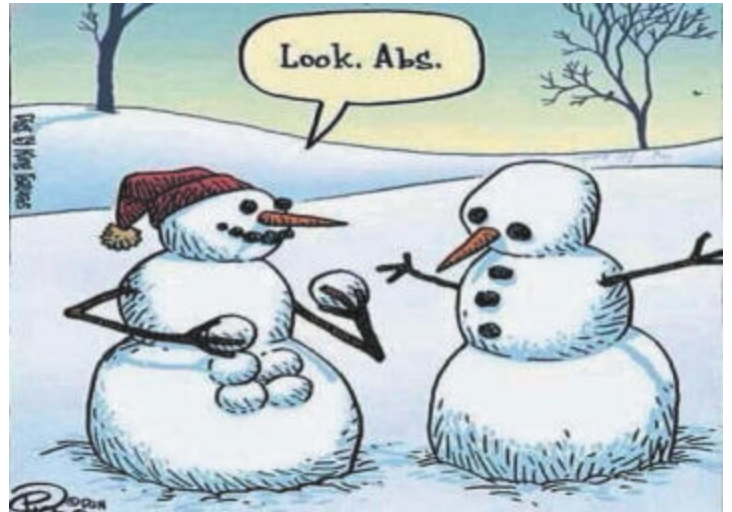
WC Grimes
Diana Osborn

Lonnie McClure
DeeAnn McClure
Patty Lewis
Linden Lewis

Ron Muller
Ginger Muller

Evelyn Provost
Winnie Paul
Cherie Ressler

Louise Lorenz



ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at
203 Park St. Springdale, AR 72764

Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

CONFIDENTIAL.

WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?

Springdale Senior Center
is pleased to receive
program funding from:

Schmieding
Foundation



The days are
getting colder, so
have a warm heart!